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# Webelos arrow of light requirements checklist

Cub Scouting is centered around exploration! To earn the Arrow of Light badge, Arrows of Light complete five themed activities called adventures, along with safety exercises. Below, you'll find the requirements.For your convenience, this page also lists the activities for each adventure.Looking ahead, here are the steps to follow:1. Spend at least six months being active in your Webelos den since completing fourth grade or turning 10 years old.Learn about and complete all of the following required adventures with your family or group:Bobcat Outdoor Adventurer Personal Fitness Adventure Citizenship Adventure First Aid Adventures Duty to God Adventure2. With your choice, pick a Webelos/Arrow of Light elective adventure to do with your family or den3. With your parent or adult partner, finish the exercises in the book "How to Protect Your Children From Child Abuse: A Parent's Guide," and watch the video titled "Protect Yourself Rules" for your grade. Get ready for an epic campout adventure! First, map out the campsite and help set up your patrol's gear before pitching your own tent. Make sure to keep food safe and the kitchen area sanitary during meals. Demonstrate your skills by keeping track of what went well and what you'd improve next time. Plan a balanced meal for a camping trip and prepare it using real camping gear. Get moving and incorporate physical fitness into your daily routine by tracking your activity levels over 14 days. Share your experiences with your patrol or family, and work together to stay physically fit. Next, identify a community service project that your patrol or pack can tackle. Use the BSA SAFE Checklist to develop a plan for conducting the project safely. Then, get involved in the project for at least two hours (or multiple projects totaling two hours). Now it's time to learn about first aid! With permission from your parent or legal guardian, watch the "Protect Yourself Rules" video and learn what to do in case of an emergency. Practice treating various injuries like cuts, burns, bites, and nosebleeds using a personal first-aid kit. Finally, discuss your family's faith traditions with your parent or legal guardian. Choose a value related to the Scout Law and talk about how each family member demonstrates it. Then, meet with a religious leader or representative of that faith tradition to learn more about its values and practices. This adventure is all about having fun while developing essential skills for camping, physical fitness, community service, and first aid! Looking for ways to serve your community through a faith-based organization is a great idea for Arrow of Light rank badge requirements. This could involve helping those in need without knowing their specific beliefs. Talk with family or leaders about what it means to you when someone asks about your religion. Think about how they make a positive impact on people's lives and try to do the same in your daily life. For this adventure, choose any of these activities: long bike ride, Engineer, Fishing. Get ready to explore the great outdoors! Let's start by learning new camping skills and using technology to make it easier. We'll discuss how tech has improved camping gear, and then think about ways it can improve our favorite outdoor activities. For the "Into the Wild" adventure, we'll visit a place with wild animals and observe their behavior. We'll create an ecosystem model, learn about coexisting species, and discover how humans impact the environment. We'll also explore wildlife management benefits for our chosen animal. The "Into the Woods" adventure takes us to an area with trees and plants. We'll conduct a tree inventory, select one tree, and complete tasks based on that tree. We'll learn about deciduous vs. evergreen trees, native vs. introduced species, wildfire resistance, and wildlife uses. Before starting requirements 5-9, we must pass the BSA swimmer test. Then, we'll choose a paddle craft (canoe, kayak, or stand-up paddleboard) and review Safety Afloat. We'll learn to identify and wear a life jacket correctly, and practice swimming while wearing one. We'll also discuss entering and exiting safely, handling capsizes, and mastering two paddle strokes: power stroke and sweep. Next, we'll build either a Pinewood Derby car or a Raingutter Regatta boat with adult supervision. We'll learn the rules of the race, mentor younger dens, and practice good sportsmanship during the event. Finally, let's review Safe Swim Defense, understanding the importance of "order of operation" in swimming. 1. Demonstrate land-based rescue techniques and attempt the BSA swimmer test. 2. Spend at least 30 minutes on free swim time, focusing on buddy system practice and staying within your skill level with regular adult supervision checks. 3. Explore locally grown or processed foods in your state, understanding their benefits for purchasing decisions. 4. Research food deserts and oases, and how they impact local communities. 5. Learn ways to reduce food waste and participate in a conservation service project.